

2003 California Children's Healthy Eating and Exercise Practices Survey

Table 2: Total Servings of Fruits and Vegetables Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

	Reported Mean Servings		
	Fruits, Juices, Vegetables and Salads	Fruits and Juices	Vegetables and Salads
Total	3.2	1.8	1.4
Gender			
Males	3.2	1.8	1.4
Females	3.2	1.8	1.4
Ethnicity			
White	2.8 ^a **	1.6 ^a ***	1.2
African American	4.0 ^c	2.5 ^c	1.4
Latino	3.3 ^{abc}	1.8 ^{ab}	1.5
Asian/Other	3.5 ^{bc}	2.2 ^{bc}	1.3
Income			
≤\$19,999	4.1 ^c ***	2.6 ^c ***	1.5
\$20,000 - \$49,999	3.4 ^b	1.9 ^b	1.4
≥\$50,000	2.9 ^a	1.6 ^a	1.3
Federal Poverty Level			
≤ 185%	3.6 **	2.1 **	1.4
> 185%	3.0	1.7	1.3
Food Stamps			
Yes	4.3 **	2.6 **	1.7 *
No	3.1	1.8	1.3
Overweight Status			
Not at Risk	3.0 ***	1.7 **	1.3 *
At Risk/Overweight	3.6	2.1	1.5
Physical Activity			
≥60 minutes	3.3	1.9	1.4
<60 minutes	3.1	1.7	1.3
School Breakfast			
Yes	4.0 ***	2.5 ***	1.5
No	3.0	1.7	1.3
School Lunch			
Yes	3.3 *	1.9	1.4
No	3.0	1.7	1.3
Nutrition Lesson			
Yes	3.2	1.8	1.4
No	3.2	1.9	1.3
Exercise Lesson			
Yes	3.2	1.8	1.4
No	3.2	1.8	1.3

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

* p<.05

** p<.01

*** p<.001